

Weight Control

Health professionals generally agree that adults can benefit from weight loss if they are moderately to severely overweight. They also agree that adults who are overweight, have weight-related medical problems, or a family history of such problems can benefit from weight loss. It is recommended that the overweight population should adopt weight loss regimens in combination with an appropriate balance of diet and physical activity.

BRFSS respondents were asked if they were actively trying to lose weight. Those who responded “yes” were then asked if they were eating fewer calories or less fat or both fewer calories and less fat to lose weight. Questions about weight loss and maintenance were not asked in the 1999 survey.

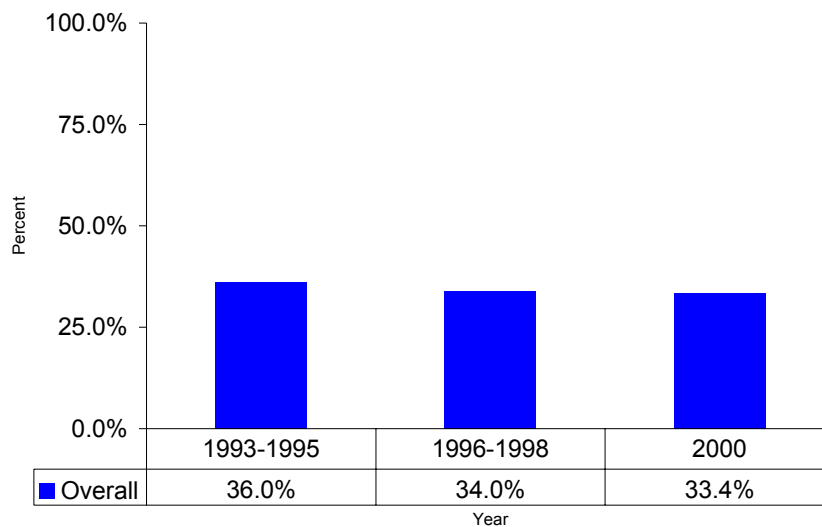
Trying to lose weight

One-third (33.4%, 95% CI, 30.9% - 35.9%) of adults, aged 18 years and over, reported that they were trying to loose weight in 2000.

Prevalence and Trend

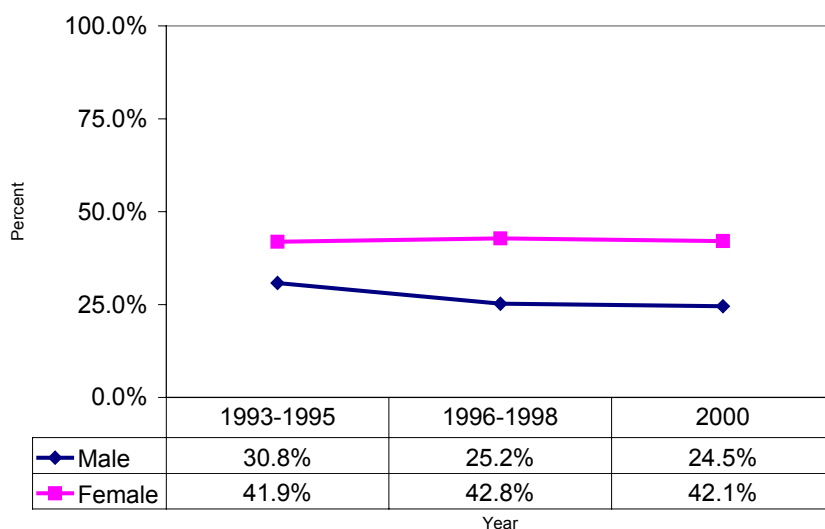
The proportion of adults who were trying to lose weight in Lancaster County remained fairly stable over the periods covered in this report. The rate was 36 percent and 33.7 percent in 1993-1995 and 1996-1998, respectively (Fig.123).

Fig.123: Trend in "Trying to Lose Weight"



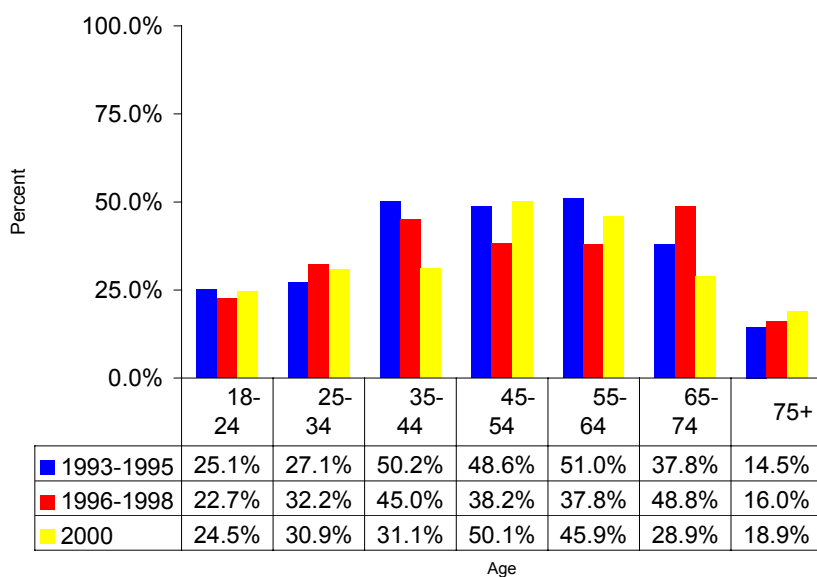
Women’s endeavor to lose weight was considerably higher than men’s. More than 42 percent of women, compared to 24.5 percent men, reported that they were trying to lose weight at the time of survey. The proportion of both men and women who were trying to lose weight did not show any significant change over time (Fig.124).

Fig.124: Trend in "Trying to Lose Weight by Gender



Adults between the ages of 35 to 64 year were the largest segment of respondents to report that they were attempting to loose weight (Fig.125). In 2000, half of the adults (50.1%) whose ages were between 45-54 years reported that they were trying to lose weight, followed by 45.9 percent of adults aged 55-64 years and 31.1 percent adults aged 35-44 year.

Fig.125: Trend in Trying to Lose Weight by Age



The prevalence of attempting to lose weight by respondent's educational level and household income did not indicate any particular trend (Table 36).

Table 36: Trying to Lose Weight			
Year	1993-1995	1996-1998	2000
Highest Grade Completed			
Some HS or Less	21.4%	28.6%	35.1%
HS Grade or GED	42.1%	32.9%	27.5%
Some College	35.8%	36.1%	36.6%
College Grade	33.9%	33.7%	36%
Annual Household Income			
Less than \$10,000	52.4%	34.8%	26%
\$10,000 - \$15,000	21.3%	29%	32.1%
\$15,000 - \$20,000	29.9%	26.9%	32.6%
\$20,000 - \$25,000	16.4%	30.4%	36.3%
\$25,000 - \$35,000	42.6%	37.2%	30.1%
\$35,000 - \$50,000	34.3%	37.9%	39.5%
\$50,000 +	48.6%	37.4%	36.8%

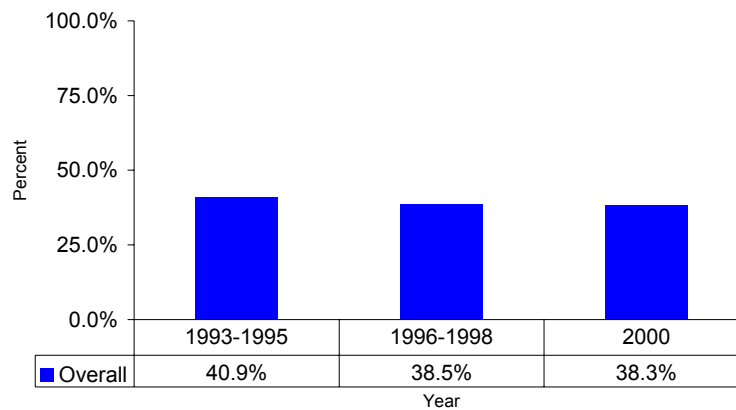
Eating fewer calories and low-fat

More than 38 percent (95% CI, 35% - 41.6%) of adults aged 18 years and over currently reported that they were eating fewer calories and a low-fat diet.

Prevalence and Trend

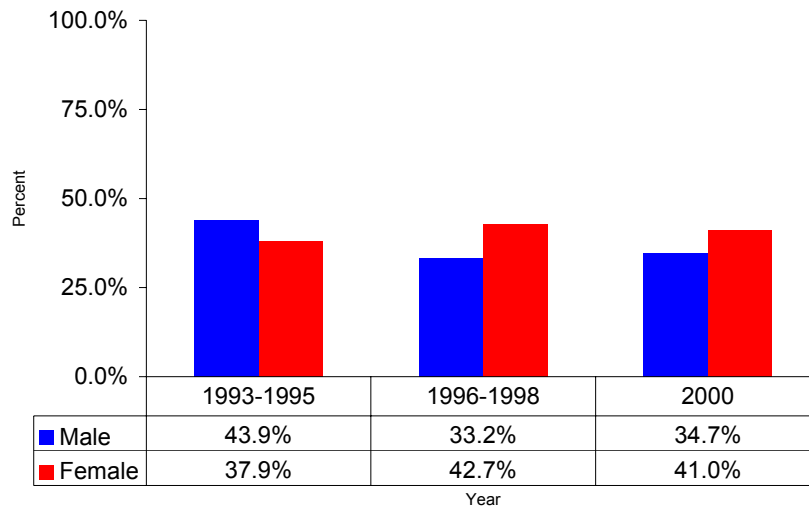
The prevalence of eating fewer calories and a low-fat diet did not significantly change over time. The proportion of adults who were eating such a diet at the time of survey was 40.9 percent and 38.5 percent in 1993-1995 and 1996-1998 respectively (Fig.126).

Fig 126: Eating Fewer Calories and Low-Fat



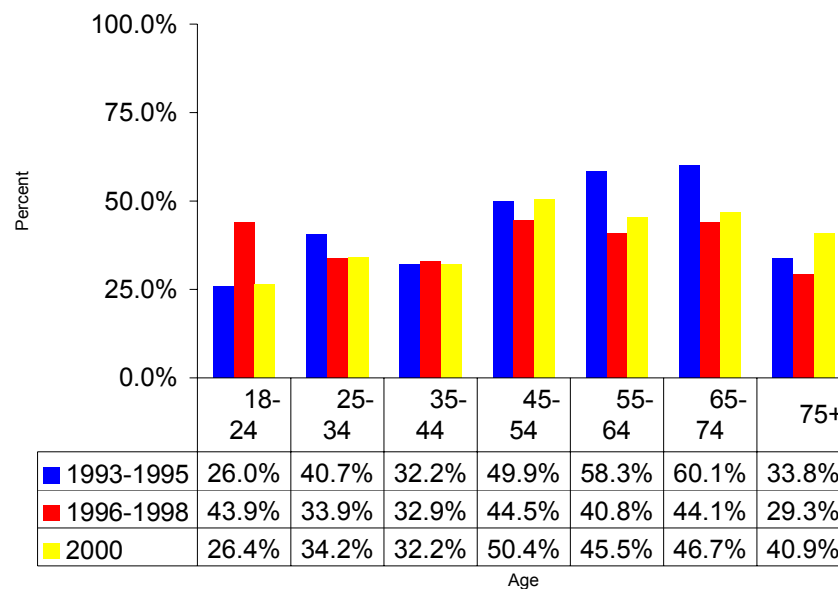
Similar to the trends in those trying to loose weight, women were more likely to say that they were eating fewer calories and low fat-diets than men, except in, the 1993-1995 periods, when the rate for men (43.9%) surpassed the rate for women (37.9%) by 6 percent (Fig.127).

Fig.127: Eating Fewer Calories and Low-Fat by Gender



A higher proportion of older adults than younger adults adopted the habit of eating a low-calories and low-fat diet. Across all the years, a greater prevalence of eating such diets was observed high among respondents who fell in to the age category of 45 years and above compared to respondents who fell in to the age category of 18 to 44 years (Fig.128).

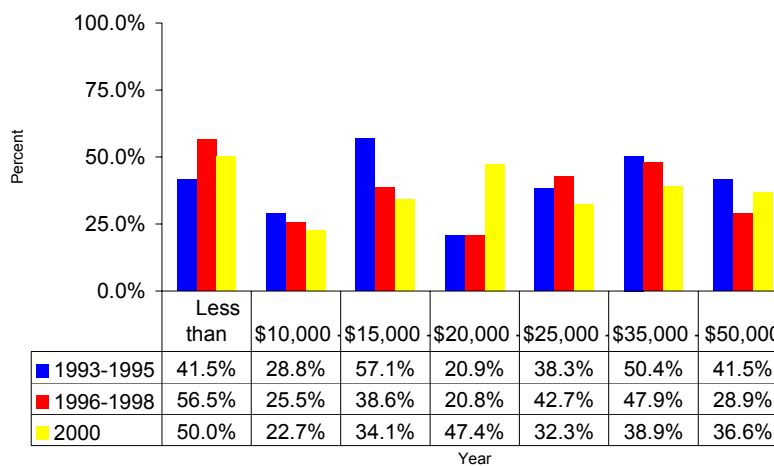
Fig.128: Trend in Eating Fewer Calories and Low-Fat by Age



In 2000, half of the adults (50.4%) aged 45-54 years reported such eating habits followed by 45.5 percent of adults aged 55-64 years, 46.7 percent of adults aged 65-74 years, and 40.9 percent of adults aged 75 years and older. In the same year, 26.4 percent of adults aged 18-24 years, 34.2 percent of adults aged 25-34 years, and 32.2 percent of adults aged 35-44 years reported eating fewer calories and a low-fat diet.

Respondents with annual incomes of less than \$10,000 were more likely (50%) than those with incomes over \$50,000 (36.6%) per year to say they were eating fewer calories and a low-fat (Fig.129).

Fig.129: Trend in Eating Fewer Calories and Low-Fat by Income



No apparent trend was demonstrated according to the respondent's educational attainment (Table 37).

Table 37: Eating Fewer Calories and Low Fat			
Year	1993-1995	1996-1998	2000
Highest Grade Completed			
Some HS or Less	39.3%	16.5%	42.4%
HS Grade or GED	40.3%	34.8%	39%
Some College	43.1%	48.9%	37.6%
College Grade	39%	33%	38.3%